

## Acorn Preparation Modern Methods for a Heritage Food

Acorns are a California superfood. A highly nutritious staple of native cuisine is ready to take its place in your kitchen. In this workshop you will learn about simple acorn processing methods that do not require any specialized equipment or skill. You will also learn about the ecology of our native oaks and how to identify local species found in Marin.

Acorn cookies will be provided!

November 24, 2013 Olompali State Historic Park 10 am -1 pm

November 30, 2013 Tomales Bay State Park 1 pm-4pm

Please note that this class is *not* a two-part series, but is being offered twice in separate parks.

More info: (415) 898-4362 x204 or www.parks.ca.gov/olompali

\$8 per car for parking - program is no charge



California State Parks supports equal access. Prior to arrival, visitors with disabilities who need assistance should contact Samantha Toffoli (707) 769-5665 x227 or Samantha.Toffoli@parks.ca.gov

